Freud: Memory, consciousness

Cognitive-Behaviorism: Memory, social influence, human sexuality, mental health, prejudice

Evolutionary Psychology: Consciousness, human sexuality, mental health, morality

David Foster Wallace

From Wikipedia, the free encyclopedia

David Foster Wallace (February 21, 1962 – September 12, 2008) was an award-winning American novelist, short story writer, essayist, professor of English at Illinois State University, and professor of creative writing at Pomona College. Wallace is widely known for his 1996 novel *Infinite Jest*,[1][2] which was cited as one of the 100 best English-language novels from 1923 to 2005 by *Time* magazine.[3]

David Foster Wallace

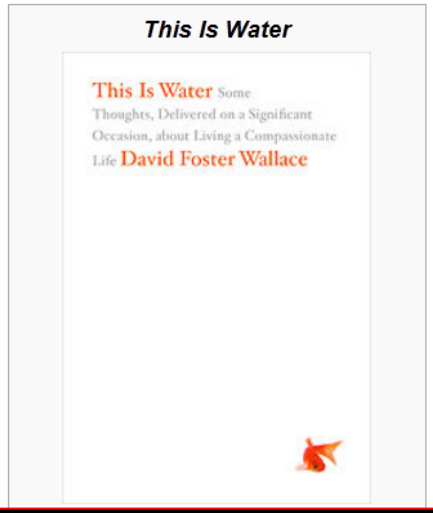
"David Foster Wallace…is widely known for his 1996 novel *Infinite Jest*, which was cited as one of the 100 best English-language novels from 1923-2005…"

This Is Water

From Wikipedia, the free encyclopedia

This Is Water: Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life is an essay by David Foster Wallace, first published in book form by Little, Brown and Company in 2009. The text originates from a commencement speech given by Wallace at Kenyon College on May 21, 2005. Before Little, Brown's publication, a transcript of the speech circulated around the Internet. The essay was also published in *The Best American Nonrequired Reading 2006*.[1]

This essay covers subjects including "the difficulty of empathy," "the importance of being well adjusted," and "the essential lonesomeness of adult life."[1] Additionally, Wallace's speech suggests that the overall purpose of higher education is to be able to consciously choose how to perceive others, think about meaning, and act appropriately in everyday life. He argues that the true freedom acquired through education is the ability to be adjusted, conscious, and sympathetic.[2]


This Is Water
This Is Water Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life David Foster Wallace

"*This is Water*…is an essay by David Foster Wallace (which) originates from a commencement (graduation) speech given by Wallace…the essay is also published in *The Best American Nonrequired Reading*…

The Story Behind 'This Is Water,' the Inspiring Video People Can't Stop Watching

Glossary creates an amazing homage to David Foster Wallace By David Griner

It's been viewed a million times since last night alone and has single-handedly resurrected the voice of troubled literary genius David Foster Wallace, bringing his words to a global audience that might not even recognize his name. And it was all done without permission. "This Is Water," a cinematic interpretation of Wallace's bleak-yet-inspiring 2005 commencement address at Kenyon College, has quickly become one of the week's most passed-around videos. It was created by The Glossary, a small video production shop in Los Angeles. We wanted to know the story behind the video, and the team that created it was kind enough to answer a few questions. Check out the video below and our Q&A with the creators after the jump.

Freud: We're driven by *unconscious desires* (unaware) determined in childhood

Cognitive-Behaviorism: We're *stimulus-responding machines* shaped by the environment

Evolutionary Psychology: We are *meat-based computers* built by natural selection

SimplyPsychology

Freewill and Determinism

by By Saul McLeod published 2013

The determinist approach proposes that all behavior is caused by preceding factors and is thus predictable. The causal laws of determinism form the basis of science.

Free will is the idea that we are able to have some choice in how we act and assumes that we are free to choose our behavior, in other words we are self determined.

Free will is the idea that we are able to have *some choice* in how we act…we are *self-determined*.

The determinism approach proposes that all behavior is caused by *preceding factors* and is thus predictable. The causal laws of determinism form the basis of *science*.

Science: Behavior/Thoughts are the *result* of nature and nurture

Can we “control” our nature (brains, genes, etc)?

Can we “control” our nurture (upbringing)?

Playing violent video games increases the probability of somebody acting aggressively.

Playing violent video games increases the probability of somebody *choosing to* act aggressively.

Whether we have free will is *irrelevant*

We can study how free will versus determinist *attributions* affect characteristics

Do I *explain* my behavior as a matter or my choices? What effects does that have?

"*Humanists* see people as *basically good*…

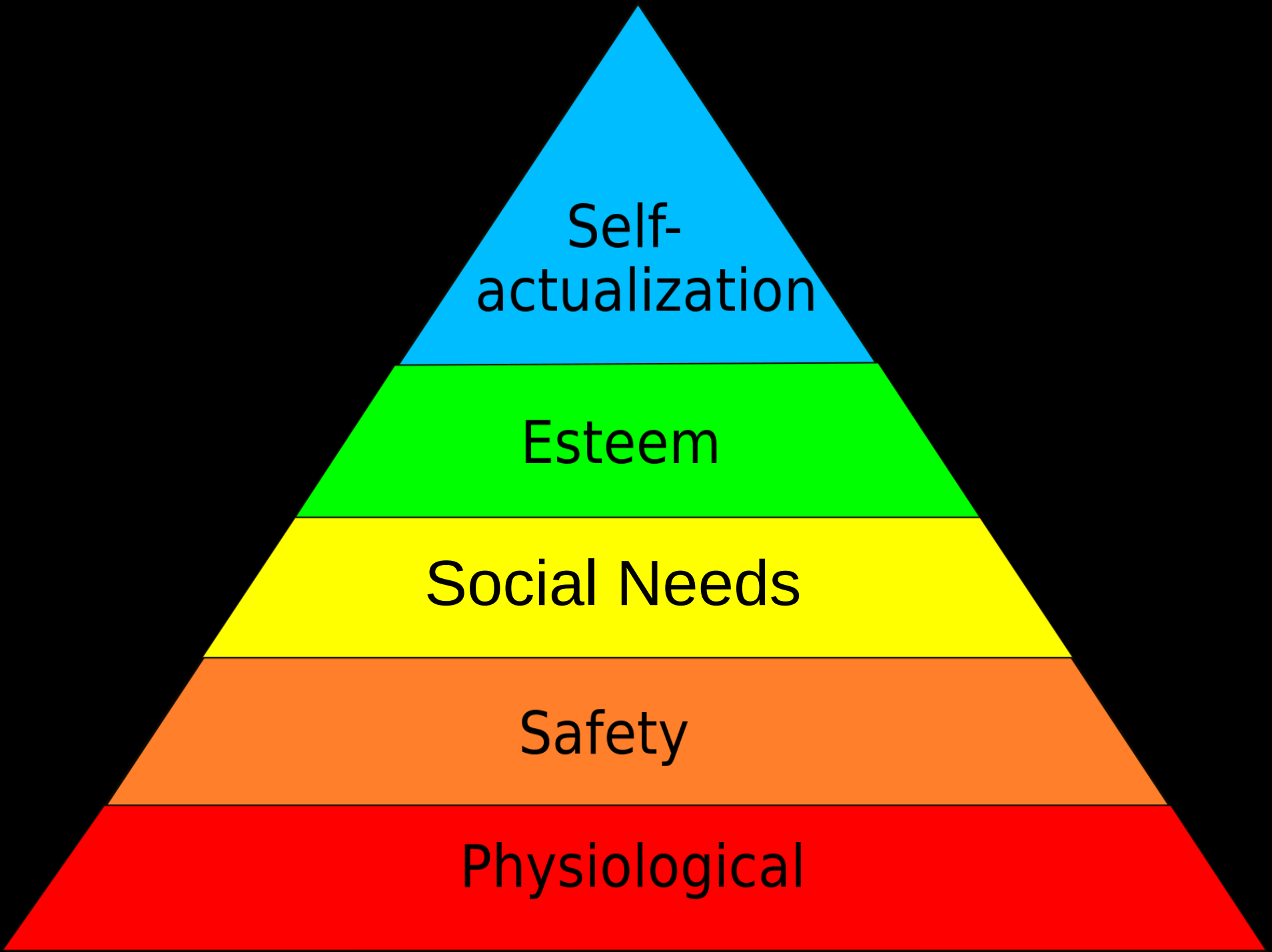
…*existentialists* see human nature as *neutral*…

…Whether the person becomes good or evil is a matter of *personal choice*"

- Rollo May

Self-actualization: An inborn (natural) drive *to reach our fullest potential* (to be good)

Naturally, we will choose behaviors that lead towards self-actualization


Self-
actualization
Esteem
Social Needs
Safety
Physiological

We will *reach our fullest potential* when we self-actualize

We will self-actualize if we have *high self esteem*

We will have high self esteem if other's *tell us we're "good"*

CPR – conditional positive regard

We are told we can only be regarded positively (loved) under *specific conditions*

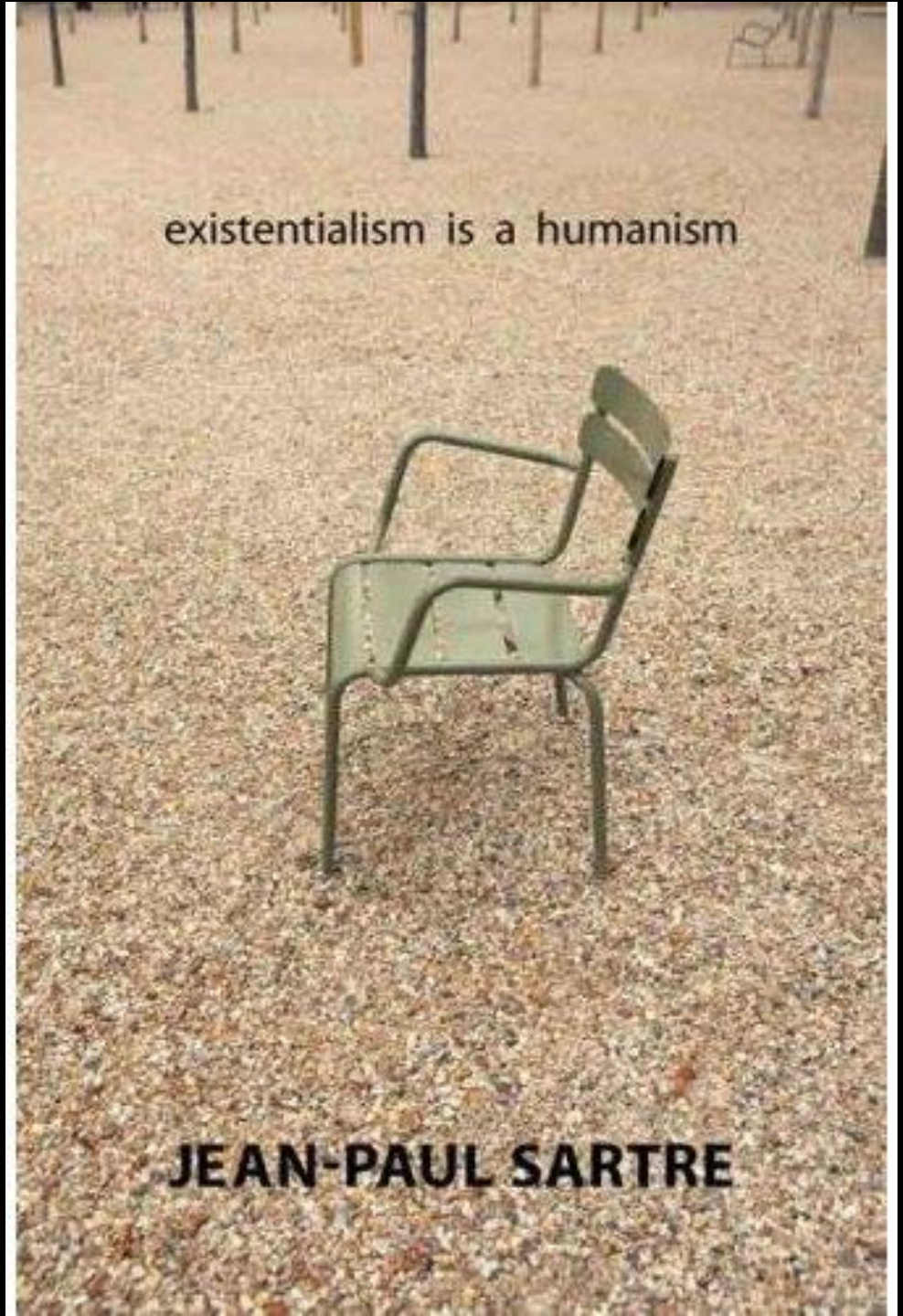
UPR – unconditional positive regard

Positive regard under *any conditions*

How Not to Talk to Your Kids

The Inverse Power of Praise.

Since the 1969 publication of *The Psychology of Self-Esteem*, in which (the author argued) that self-esteem was the single most important facet of a person, the belief that one must do whatever (one) can to achieve positive self-esteem has become a movement with broad societal effects. Anything potentially damaging to kids' self-esteem was axed. Competitions were frowned upon. Soccer coaches stopped counting goals and handed out trophies to everyone…Criticism was replaced with ubiquitous, even undeserved, praise.


existentialism is a humanism
JEAN-PAUL SARTRE

What people reproach us for is not, after all, our pessimism, but the sternness of our *optimism*. (Consider a cowardly individual)…

(S)uppose that…we showed that the behaviour of these characters was caused by their *heredity*, or by the action of their *environment* upon them…

People would be reassured, they would say, *"You see, that is what we are like, no one can do anything about it."*

But the existentialist…shows (the coward) as responsible for his cowardice.

He is not like that on account of a cowardly…(brain)…or a cowardly upbringing…he is like that because he has made himself into a coward by actions…

There are *"unique"* aspects of human existence

We can "explain" human characteristics (the goal of a psychology theory) based on how people deal with these "unique" aspects

Life involves interacting with (1) The *natural* world, (2) the *social* world, and (3) the *personal* world

Each includes “good” and “bad”

There are *“unique”* aspects of human existence

1. We have *free will*

Life is a series of *choices*, creating *anxiety*

(1) We cannot know (for sure) the consequences of our choices prior to making them

(1) Few decisions are without any *negative consequences*

(2) Who we are is a result of decisions we've made

(2) Freedom implies *responsibility*

There are *“unique”* aspects of human existence

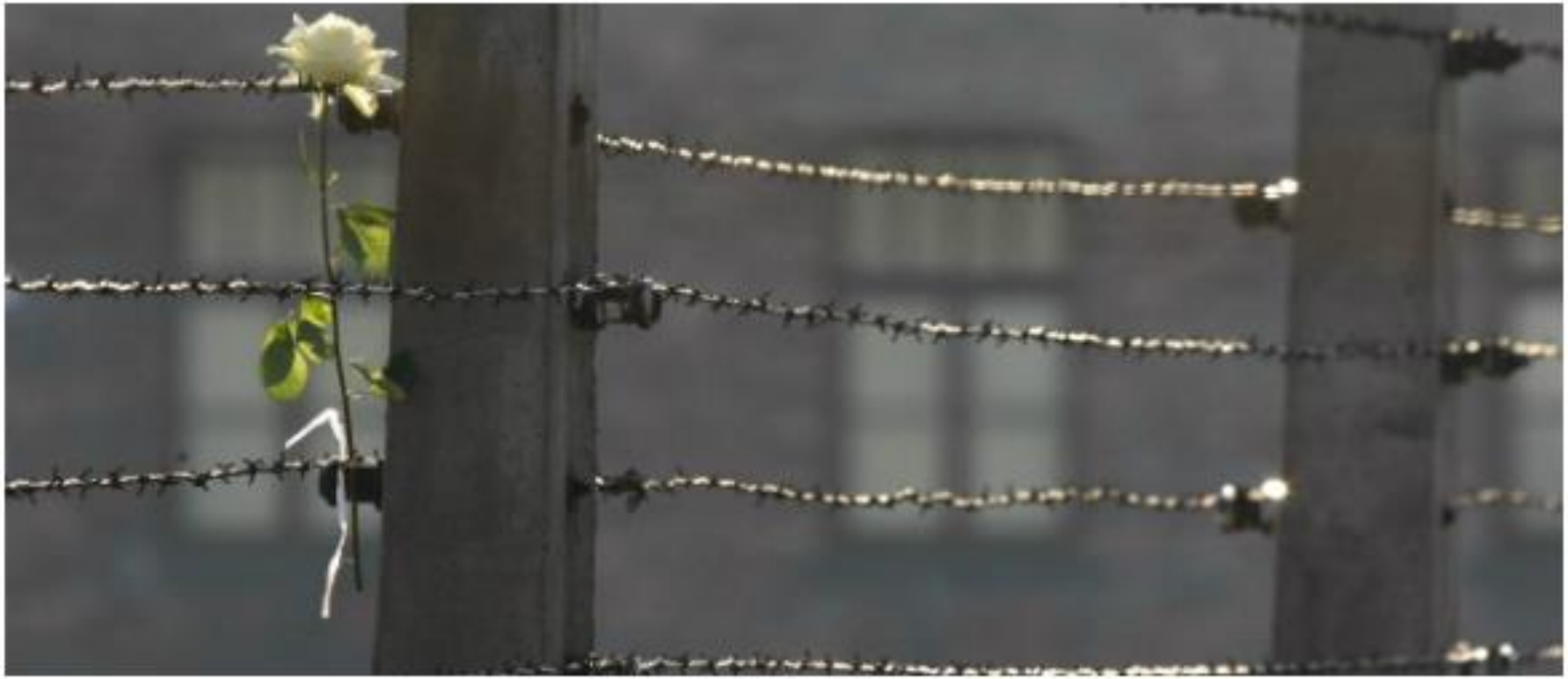
1. We have *free will*
2. We are aware of our *mortality*

There are *"unique"* aspects of human existence

1. We have *free will*
2. We are aware of our *mortality*
3. We want our life to have *meaning*

There's More to Life Than Being Happy

"It is the very pursuit of happiness that thwarts happiness."



Kacper Pempel/Reuters

In September 1942, Viktor Frankl, a prominent Jewish psychiatrist and neurologist in Vienna, was arrested and transported to a Nazi concentration camp with his wife and parents. Three years later, when his camp was liberated, most of his family, including his pregnant wife, had perished -- but he, prisoner number 119104, had lived. In his bestselling 1946 book, *Man's Search for Meaning*, which he wrote in nine days about his experiences in the camps, Frankl concluded that the difference between those who had lived and those who had died came down to one thing: Meaning, an insight he came to early in life. When he was a

In September 1942, Viktor Frankl, a prominent Jewish psychiatrist…was arrested and transported to a Nazi concentration camp with his wife and parents. Three years later, when his camp was liberated, most of his family, including his pregnant wife, had perished -- but he…had lived. In his…book, *Man's Search for Meaning*….Frankl concluded that the difference between those who had lived and those who had died came down to one thing: *Meaning*…those who found meaning even in the most horrendous circumstances were far more resilient to suffering than those who did not.

“Happiness levels of Americans are (very) high…

(but) 4 out of 10 Americans have not discovered a satisfying *life meaning/purpose*…

“Research has shown that having purpose and meaning in life increases overall *well-being*…

…improves mental and physical health…and decreases the chances of *depression*.”

Existential Anxiety

What should I do? *(Free will)*

What happens next? *(Mortality)*

What's it all mean? *(Purpose)*

Dogmatic Faith

I know the answers: *Faith tells me!*

Conforming to a *sub-culture* of society

Conformity & Consumerism

I will figure out meaning by *conforming to* what society deems meaningful

Modern culture tells us our lives' meaning comes from *buying and owning things*

Conforming to the beliefs of modern society *as a whole*

Nihilism

I know the answers:
There are NO answers

What should I do? What happens next? What's it all mean?

Whatever. It doesn't matter.

Existential Enlightenment

Life's *meaning* is a result of the *choices* we make – how to *behave* and how to *think* about things

…and we are *responsible* for that…

“We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life — daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.”

- Viktor Frankl